

Week	Day	Date	Weight	Change	Goal	Diff	Summary			
2	Monday	4/21	190.00		190.00		Wk Max	Wk Min		
	Tuesday	4/22	186.00	-4.00	189.79		190.00	183.60		
	Wednesday	4/23	188.60	2.60	189.57					
	Thursday	4/24	183.60	-5.00	189.36	-5.76	Wk Avg	Goal Av		
	Friday	4/25	187.60	4.00	189.14	-1.54	187.26	189.36		
	Saturday	4/26	187.60	0.00	188.93	-1.33				
	Sunday	4/27	187.40	-0.20	188.71	-1.31			Change By Week	
3	Monday	4/28	189.00	1.60	188.50	0.50	Wk Max	Wk Min	Wk Max	Wk Min
	Tuesday	4/29	185.00	-4.00	188.29	-3.29	189.00	183.60	-1.00	0.00
	Wednesday	4/30	184.80	-0.20	188.07	-3.27				
	Thursday	5/1	183.60	-1.20	187.86	-4.26	Wk Avg	Goal Av	Wk Avg	Goal Av
	Friday	5/2	186.00	2.40	187.64	-1.64	185.71	187.86	-1.54	-1.50
	Saturday	5/3	185.80	-0.20	187.43	-1.63				
	Sunday	5/4	185.80	0.00	187.21	-1.41	Avg Dif	-2.14	Avg Dif	-0.04
4	Monday	5/5	187.80	2.00	187.00	0.80	Wk Max	Wk Min	Wk Max	Wk Min
	Tuesday	5/6	184.80	-3.00	186.79	-1.99	187.80	180.00	-1.20	-3.60
	Wednesday	5/7	183.00	-1.80	186.57	-3.57				
	Thursday	5/8	180.00	-3.00	186.36	-6.36	Wk Avg	Goal Av	Wk Avg	Goal Av
	Friday	5/9	185.40	5.40	186.14	-0.74	184.29	186.36	-1.43	-1.50
	Saturday	5/10	184.80	-0.60	185.93	-1.13				
	Sunday	5/11	184.20	-0.60	185.71	-1.51	Avg Dif	-1.43	Avg Dif	0.07
5	Monday	5/12	183.80	-0.40	185.50	-1.70	Wk Max	Wk Min	Wk Max	Wk Min
	Tuesday	5/13	181.20	-2.60	185.29	-4.09	186.60	179.60	-1.20	-0.40
	Wednesday	5/14	183.60	2.40	185.07	-1.47				
	Thursday	5/15	179.60	-4.00	184.86	-5.26	Wk Avg	Goal Av	Wk Avg	Goal Av
	Friday	5/16	183.40	3.80	184.64	-1.24	183.26	184.86	-1.03	-1.50
	Saturday	5/17	184.60	1.20	184.43	0.17				
	Sunday	5/18	186.60	2.00	184.21	2.39	Avg Dif	-1.03	Avg Dif	0.47
6	Monday	5/19	185.20	-1.40	184.00	1.20	Wk Max	Wk Min	Wk Max	Wk Min
	Tuesday	5/20	181.20	-4.00	183.79	-2.59	185.20	177.20	-1.40	-2.40
	Wednesday	5/21	181.20	0.00	183.57	-2.37				
	Thursday	5/22	177.20	-4.00	183.36	-6.16	Wk Avg	Goal Av	Wk Avg	Goal Av
	Friday	5/23	181.00	3.80	183.14	-2.14	181.74	183.36	-1.51	-1.50
	Saturday	5/24	182.20	1.20	182.93	-0.73				
	Sunday	5/25	184.20	2.00	182.71	1.49	Avg Dif	-1.51	Avg Dif	-0.01
7	Monday	5/26	182.80	-1.40	182.50	0.30	Wk Max	Wk Min	Wk Max	Wk Min
	Tuesday	5/27	178.80	-4.00	182.29	-3.49	182.80	174.80	-2.40	-2.40
	Wednesday	5/28	178.80	0.00	182.07	-3.27				
	Thursday	5/29	174.80	-4.00	181.86	-7.06	Wk Avg	Goal Av	Wk Avg	Goal Av
	Friday	5/30	178.60	3.80	181.64	-3.04	179.34	181.86	-2.40	-1.50
	Saturday	5/31	179.80	1.20	181.43	-1.63				
	Sunday	6/1	181.80	2.00	181.21	0.59	Avg Dif	-2.40	Avg Dif	-0.90

Week	Day	Date	Weight	Change	Goal	Diff	Summary		Change By Week	
8	Monday	6/2	180.40	-1.40	181.00	-0.60	Wk Max	Wk Min	Wk Max	Wk Min
	Tuesday	6/3	176.40	-4.00	180.79	-4.39	180.40	172.40	-2.40	-2.40
	Wednesday	6/4	176.40	0.00	180.57	-4.17				
	Thursday	6/5	172.40	-4.00	180.36	-7.96	Wk Avg	Goal Av	Wk Avg	Goal Av
	Friday	6/6	176.20	3.80	180.14	-3.94	176.94	180.36	-2.40	-1.50
	Saturday	6/7	177.40	1.20	179.93	-2.53				
	Sunday	6/8	179.40	2.00	179.71	-0.31	Avg Dif	-2.40	Avg Dif	-0.90
9	Monday	6/9	178.00	-1.40	179.50	-1.50	Wk Max	Wk Min	Wk Max	Wk Min
	Tuesday	6/10	174.00	-4.00	179.29	-5.29	178.00	170.00	-2.40	-2.40
	Wednesday	6/11	174.00	0.00	179.07	-5.07				
	Thursday	6/12	170.00	-4.00	178.86	-8.86	Wk Avg	Goal Av	Wk Avg	Goal Av
	Friday	6/13	173.80	3.80	178.64	-4.84	174.54	178.86	-2.40	-1.50
	Saturday	6/14	175.00	1.20	178.43	-3.43				
	Sunday	6/15	177.00	2.00	178.21	-1.21	Avg Dif	-2.40	Avg Dif	-0.90
10	Monday	6/16	175.60	-1.40	178.00	-2.40	Wk Max	Wk Min	Wk Max	Wk Min
	Tuesday	6/17	171.60	-4.00	177.79	-6.19	175.60	167.60	-2.40	-2.40
	Wednesday	6/18	171.60	0.00	177.57	-5.97				
	Thursday	6/19	167.60	-4.00	177.36	-9.76	Wk Avg	Goal Av	Wk Avg	Goal Av
	Friday	6/20	171.40	3.80	177.14	-5.74	172.14	177.36	-2.40	-1.50
	Saturday	6/21	172.60	1.20	176.93	-4.33				
	Sunday	6/22	174.60	2.00	176.71	-2.11	Avg Dif	-2.40	Avg Dif	-0.90
11	Monday	6/23	173.20	-1.40	176.50	-3.30	Wk Max	Wk Min	Wk Max	Wk Min
	Tuesday	6/24	169.20	-4.00	176.29	-7.09	173.20	165.20	-2.40	-2.40
	Wednesday	6/25	169.20	0.00	176.07	-6.87				
	Thursday	6/26	165.20	-4.00	175.86	-10.66	Wk Avg	Goal Av	Wk Avg	Goal Av
	Friday	6/27	169.00	3.80	175.64	-6.64	169.74	175.86	-2.40	-1.50
	Saturday	6/28	170.20	1.20	175.43	-5.23				
	Sunday	6/29	172.20	2.00	175.21	-3.01	Avg Dif	-2.40	Avg Dif	-0.90
12	Monday	6/30	170.80	-1.40	175.00	-4.20	Wk Max	Wk Min	Wk Max	Wk Min
	Tuesday	7/1	166.80	-4.00	174.79	-7.99	170.80	162.80	-2.40	-2.40
	Wednesday	7/2	166.80	0.00	174.57	-7.77				
	Thursday	7/3	162.80	-4.00	174.36	-11.56	Wk Avg	Goal Av	Wk Avg	Goal Av
	Friday	7/4	166.60	3.80	174.14	-7.54	167.34	174.36	-2.40	-1.50
	Saturday	7/5	167.80	1.20	173.93	-6.13				
	Sunday	7/6	169.80	2.00	173.71	-3.91	Avg Dif	-2.40	Avg Dif	-0.90

Goal Weights:	185	180	175	170
Goal Dates:	5/10/2014	5/27/2014	6/14/2014	7/2/2014

Week	Average	Change	Proj. Avg	Diff	Max	Change	Min	Change
2	187.26	-2.74			190.00		183.60	
3	185.71	-1.54	185.76	-0.04	189.00	-1.00	183.60	0.00
4	184.29	-1.43	184.26	0.03	187.80	-1.20	180.00	-3.60
5	183.26	-1.03	182.76	0.50	186.60	-1.20	179.60	-0.40
6	181.74	-1.51	181.26	0.49	185.20	-1.40	177.20	-2.40
7	179.34	-2.40	179.76	-0.41	182.80	-2.40	174.80	-2.40
8	176.94	-2.40	178.26	-1.31	180.40	-2.40	172.40	-2.40
9	174.54	-2.40	176.76	-2.21	178.00	-2.40	170.00	-2.40
10	172.14	-2.40	175.26	-3.11	175.60	-2.40	167.60	-2.40
11	169.74	-2.40	173.76	-4.01	173.20	-2.40	165.20	-2.40
12	167.34	-2.40	172.26	-4.91	170.80	-2.40	162.80	-2.40
Average		-2.06		-1.50		-1.92		-2.08